

# BRIGHT FUTURES: FAMILY MATTERS

FAMILY  VOICES®  
...keeping families at the center  
of children's health care

Volume 14, Issue 1  
January 2013

## RAISING HEALTHY FAMILIES

"We all come from families...A family can be as temporary as a few weeks, as permanent as forever. We become part of a family by birth, adoption, marriage, or from a desire for mutual support.

"As family members, we nurture, protect, and influence each other. Families are dynamic and are cultures unto themselves, with different values and unique ways of realizing dreams. Together, our families become the source of our rich cultural heritage and spiritual diversity.

"Each family has strengths and qualities that flow from individual members, and from the family as a unit. Our families create neighborhoods, communities, states, and nations."

*(Developed and adopted by the Young Children's Continuum of the New Mexico State Legislature, June 20, 1990)*

This description of the family, originally penned by FamilyVoices' first Executive Director, Polly Arango, describes the diversity and strength of today's families. Raising healthy families today can be a challenge. There are many places to find resources--but where to start?

## INTRODUCING THE BRIGHT FUTURES FAMILY NETWORK!

Last fall FamilyVoices and the American Academy of Pediatrics (AAP) again brought together the Bright Futures Family Network (BFFN), at the AAP Headquarters in Elk Grove, Illinois. These family organizations have different focuses and purposes, but all share the mission of providing support and encouragement to families. Improving health and wellness is a common goal across the organizations.

The BFFN is advancing health and wellness for families from the perspective of diversity and a holistic approach to health, connecting actions to the 10 Health Promotion Themes of the AAP's *Bright Futures Guidelines for the Health Supervision of Infants, Children, and Adolescents* (3rd ed.):

- Family Support,
- Child Development
- Mental Health
- Healthy Weight
- Healthy Nutrition
- Physical Activity
- Oral Health
- Healthy Sexual Development
- Safety and Injury Prevention
- Community Relationships and Resources

In this issue of *Bright Futures Family Matters*, we'll introduce you to the BFFN members. Check them out!



Raising Healthy Families  
Introducing the  
Bright Futures Family  
Network!

"More than ever before, there is a global understanding that long-term social, economic, and environmental development would be impossible without healthy families, communities, and countries."

--Gro Brundtland,  
Norwegian physician



## THE BRIGHT FUTURES FAMILY NETWORK INCLUDES:



### COMMUNITY CAFE

*Changing the Lives of Children  
Through Conversations that Matter*

A Washington State grassroots team that stewards an approach that sparks leadership to develop relationships necessary to strengthen families.

Phone: 360-956-3830  
[www.thecommunitycafe.com](http://www.thecommunitycafe.com)



### LA LECHE LEAGUE INTERNATIONAL

*Happy Mothers, Breastfed Babies*

Provides mother-to-mother breastfeeding resources and support, by phone, group meetings, and online.

Phone: 877-4-LALECHE  
[www.llli.org](http://www.llli.org)



### MIGRANT HEALTH PROMOTION

*Promoviendo Vidas Saludables*

Using the Promotor(a) model, provides culturally-appropriate health education, outreach and sustainable community development to farmworker, migrant, border, and other underserved or isolated communities throughout the U.S.

Phone: 800-461-8394  
[www.migranthealth.org](http://www.migranthealth.org)



### MOTHERS OF SUPERTWINS

*Supporting multiple birth families...  
Every step of the way*

Advocates for quality prenatal care, promoting healthy deliveries, and providing information to all multiple birth families in order to support successful parenting through every phase of their children's development.

Phone: 631-859-1110  
[www.MOSTonline.org](http://www.MOSTonline.org)



## **NATIONAL CENTER FOR FARMWORKER HEALTH**

Provides information services, technical assistance, and training to migrant and community health centers and other organizations across the U.S. to improve the health status of farmworker families.

Phone: 512-312-2700  
[www.ncfh.org](http://www.ncfh.org)



## **NATIONAL FOSTER PARENT ASSOCIATION**

*The National Voice of Foster Parents*

Provides support and information to families caring for a foster child. Includes traditional care, emergency/shelter care, medical/therapeutic care, relative/kinship care, respite/short-term care and tribal care.

Phone: 800-557-5238  
[www.NFPAonline.org](http://www.NFPAonline.org)



## **NATIONAL HEALTHY START ASSOCIATION**

Promotes development of community-based maternal and child health programs, particularly those addressing infant mortality, low birthweight, and racial disparities.

Phone: 202-296-2195  
[www.nationalhealthystart.org](http://www.nationalhealthystart.org)

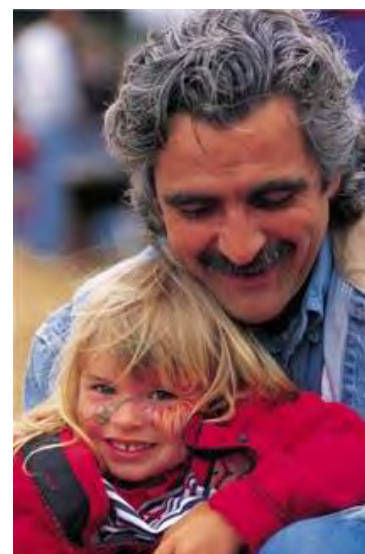


## **NATIONAL INDIAN CHILD WELFARE ASSOCIATION**

*Protecting our children. Preserving our Culture.*

Provides training, policy, and research services to help American Indian children grow up safe, healthy, and spiritually strong.

Phone: 503-222-4044  
[www.nicwa.org](http://www.nicwa.org)







## NATIONAL MILITARY FAMILY ASSOCIATION

*Together we're stronger*

The National Military Family Association is the leading nonprofit organization committed to strengthening and protecting the families of the men and women currently serving, retired, wounded, or fallen. We provide families of the Army, Navy, Marine Corps, Air Force, Coast Guard, and Commissioned Corps of the USPHS and NOAA with information, work to get them the benefits they deserve, and offer programs that improve their lives. Our 40-plus years of service and accomplishments have made us a trusted resource for military families and the Nation's leaders.

Phone: 703-931-6632

[www.militaryfamily.org](http://www.militaryfamily.org)



## TODAY'S CHILD COMMUNICATIONS

*Helping parents raise healthy children and families.*

A national parenting resource and publishing company that spearheads a national family promotions coalition, host seminars and conferences, as well as parenting and health training, and publishes *Today's Child* parenting resource guides, children's books and accessories.

[www.todays-child.com](http://www.todays-child.com)



## FAMILY VOICES

*Keeping families at the center of children's health care*

3701 San Mateo Blvd, Suite 103

Albuquerque, NM 87110

Toll-free: 888-835-5669

[www.familyvoices.org](http://www.familyvoices.org)

[www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org)

### FAMILY VOICES MISSION

Family Voices aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities.

Through our national network, we provide families tools to make informed decisions, advocate for improved public and private policies, build partnerships among professionals and families, and serve as a trusted resource on health care.

[www.familyvoices.org](http://www.familyvoices.org)

## IMPACT

on HEALTH & WELLNESS for FAMILIES

With an Improving Understanding of MCH grant, Family Voices IMPACT works to develop ways to improve health and wellness for all children and families, and to encourage partnerships between families and professionals for children's good health. Share Bright Futures: Family Matters with your networks. Visit [www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org).

Editor: **Melissa Vickers**  
([mvickers@familyvoices.org](mailto:mvickers@familyvoices.org))

This digest is funded by the U.S. Department of Health and Human Services - Health Resources and Services Administration - Maternal and Child Health Bureau, Division of Child, Adolescent and Family Health UC4MC21535.

## A SPECIAL THANKS TO OUR KEY PARTNER:

## THE AMERICAN ACADEMY OF PEDIATRICS

[www.aap.org](http://www.aap.org)

[www.healthychildren.org](http://www.healthychildren.org)